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IF YOU BELIEVE THEY PUT A MINE ON THE MOON ...

20 YEARS AGO, YOU MIGHT HAVE BEEN A FOOL. BUT TODAY? CHECK OUT OUR FEATURE TO FIND OUT **PAGE 8**



Reward for anyone with info on badly injured dog

T.O.-based company hoping \$52K will shed light on K-9 abandoned in London **PAGE 14**

Something sure does seem fishy

Can't tell your cod liver oil from your krill? Metro helps break down the basics of fish-oil supplements **PAGE 14**

Lightning quicker than the Windsor Express?

London hopes hoop dream will lead them to third-straight championship **PAGE 17**



IRISH, IF ONLY FOR A DAY

Irish eyes were smiling — and so were all the other eyes — in McCabe's Irish Pub on Richmond Street for St. Patrick's Day on Monday when Metro arrived with a special trivia test. Pictured is Holly Hillis, one of the people who answered a question about Ireland. Asked which Irish band has won more Grammys than any other, she correctly answered U2. The rest of the questions, and answers, are on page 3.

MIKE DONACHIE/METRO

MLHU issues measles alert

Middlesex-London Health Unit. People advised to watch for symptoms



SCOTT TAYLOR
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The Middlesex-London Health Unit has gone the unusual step of issuing a public warning about where a person who contracted measles has been lately.

On its website, it states the unidentified person was recently at six locations in London while infected with the disease.

They did this because of the health dangers associated with measles and how very communicable it is, said Dr. Bryna Warshawsky, the unit's associate medical officer of health.

"Measles is really highly contagious. You don't have to have direct contact with people to get measles, you just have to be in their airspace," she said. "It's one of the most highly contagious communicable diseases there is."

Most people have been immunized, Warshawsky said, so the odds are good it won't spread, but it can happen.

The danger if it does is significant.

"Measles can cause pneumonia, it can cause ear infections, it can cause brain infections and it can be fatal infection," she said. "It's about

Time(s) and place(s)

The Middlesex-London Health Unit says a patient with the measles was at the following locations at these times:

- **Adelaide Southdale Medical Centre:** March 7, 1:15-4:30 p.m.
- **London Health Sciences Centre (Victoria Campus, ER):** March 7, 3:30-7:30 p.m.
- **White Oaks Mall Walmart, Metro (Commissioners and Wellington), Shopper's Drug Mart (Adelaide and Southdale):** March 8, 10 a.m.-3 p.m.
- **University Hospital (General medicine outpatient clinic waiting room):** March 10, 8 a.m.-1 p.m.

one in a thousand, though some people say up to three in a thousand. It can have significant consequences and it can be highly communicable."

The risk is high enough, she added, that anyone with symptoms should call the health unit or a doctor as soon as possible.

The health unit has a good idea of who was in the medical settings the infected patient attended, and those people have been contacted. But Warshawsky said there's no way of knowing who else may have come into contact elsewhere.

London Humane Society

Reward offered
for info on badly
injured dogThe dachshund/
beagle mix.

CONTRIBUTED

A Toronto-based company is hoping a \$2,000 reward will spur someone on to explain what happened to an injured dog found outside the London Humane Society last week.

The dachshund/beagle mix had bruises in her mouth and lesions all over her body, and her belly was nearly scraped raw.

The extent and type of wounds have led shelter staff to believe abuse or neglect is at fault.

Textile Waste Diversion, a company that aims to help charities through textile recycling, made the reward offer after seeing a video of the injured dog.

Anybody with information can call the London Humane Society at 519-451-0500 or 519-451-0630, or Crime Stoppers at 1-800-222-8477. **SCOTT TAYLOR/METRO**

Middlesex Centre

Charges loom
in truck crash

Charges are pending in relation to a Monday crash in Middlesex Centre that sent a man to hospital.

Police said an eastbound pickup ran off the road and rolled at about 11:50 a.m. as it avoided a vehicle exiting a laneway on Twelve Mile Road west of Hyde Park Road, police said. The driver of the truck received injuries that are not believed to be life-threatening. The second vehicle was not damaged. **METRO**

April. Matt Brown set
to launch mayoral bid

It's almost time.

Matt Brown, the councillor who would be mayor, is to officially launch his campaign for the mayor's chair on April 3.

An email was sent out to supporters Monday, asking them to gather at an event slated for 5 p.m. that day at Aeolian Hall.

"Like you, I know that the London community can do bet-

Mayor Joe Fontana tries out the city's water taste test. He said he "liked them both." **MIKE DONACHIE/METRO**Green message
poured out to publicCityGreen. Take the
water taste test as part
of conservation display

The city has set up a store downtown with an unusual environmental challenge for the public.

The water taste test is among the attractions at CityGreen, a new way of reaching out to the public that's been set up in Citi Plaza.

It sets a simple task: Can you tell the difference, by taste alone, between the waters of Lake Erie and Lake Huron? Here's a clue: It's all in the minerals.

Launching the green set-up on St. Patrick's Day was appro-

priate, Mayor Joe Fontana said at the event. But it was also the start of Canada Water Week and it brought a serious message about water conservation.

"We have to make sure that everyone, whether it's an industry or a person, values water for what it is," Fontana said. "Sometimes we disregard it."

He said other parts of the world would envy London's water supplies from two of the Great Lakes, but having "an abundance" doesn't mean it shouldn't be conserved.

So CityGreen, which is near the Wellington Street entrance to the mall, is trying to help an environmental message trickle down to the public. As well as the taste test, there are video displays and advice on how to cut water bills, make greener

By the numbers

15 cubic
metres

The amount of water used each month by the average London household.

choices and what not to put down the sewer.

There's even a toilet with transparent pipes to show where waste water goes.

City environmental chief Jay Stanford said it continues two years of "pushing hard" on community engagement.

Staff have set up displays at public events, and reached out via social media and commun-

More details

- CityGreen is in Citi Plaza with a water message until Sunday and is open from 11 a.m. to 2 p.m. and 3:30 to 5:30 p.m. every day.
- The display will change each week between now and the end of April, with a variety of messages on a green theme.
- Still to come are cycling, spring cleaning and energy.

ity surveys, but the chance to talk face-to-face is best for getting a green message across.

MIKE DONACHIE/METRO

Road safety. Grits' latest legislation
cracks down on distracted driving

Ontario proposed a potentially costly hike in penalties for distracted drivers Monday by imposing three demerit points in addition to a maximum fine of up to \$1,000 as part of wide-ranging road-safety legislation.

Drivers who receive demerit points after being convicted of using their cellphones behind the wheel could face higher insurance premiums.

Just last month, Chief Justice Annemarie Bonkalo of the Ontario Court of Justice signed an order increasing the set fine for distracted driving to \$225 from \$125 starting March 18.

Under the judge's order, drivers would face a fine of \$280, including surcharges, starting Tuesday, but the new legislation allows judges to impose a fine of \$1,000.

Tickets

- Middlesex County OPP handed out 16 tickets March 8 to 14 as part of a provincewide distracted driving campaign. Of the tickets, 15 stemmed from drivers using cellphones.

THE CANADIAN PRESS

Plenty of people were celebrating St. Patrick's Day on Monday, but did any of them know anything about Ireland? Metro set out to answer just that, posing Irish-themed trivia questions to customers in McCabe's Irish Pub on Richmond Street.

MIKE DONACHIE/METRO
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ALL PHOTOS MIKE DONACHIE/METRO

When was the Irish potato famine?

"That's a hard one. Is it 1890?" James Patrick O'Neill said.

Nope. The correct answer is 1845-49.

5

**questions on
St. Patrick's Day**

5
What happens if you kiss the Blarney Stone?

"You turn into a leprechaun?" Bill Miles guessed.

Definitely not. You get the gift of the gab.



Dublin is Ireland's most populous city. What's the second city?

"Limerick," Trent Francis answered. He was wrong. It's Cork.

3
What type of meat is traditionally used in Irish stew?

"Lamb," Larry Ducharme answered aptly. It's a pot o' gold! Lamb is correct.



During which century did St. Patrick live?

"The 1600s?" Bill Collins said.

Nah. It was the fifth century.



Beer flows, but students (mostly) toe party line



Police said they warned this man Monday about people being on the roof of a house at 282 Huron St. before returning to ticket him for a noise violation. He was one of several cited for St. Paddy's Day partying that police said got a bit out of hand. SCOTT TAYLOR/METRO

The message to St. Patrick's Day partygoers was a simple one: Wear green, have fun, but don't overdo it.

Overall, that message from London police Chief Brad Duncan in conjunction with the student unions at Fanshawe College and Western University seemed to have been accepted, if not embraced.

As Monday afternoon unfolded, police let their presence be known around the schools, not only breaking up parties, but tweeting about it too.

For the most part, there

were no major disturbances reported but some keggers were busted up.

Both media officer Const. Ken Steeves and Duncan himself kept followers abreast of their activities on Twitter. It's the second year Duncan has offered a play-by-play of his St. Paddy's Day.

But not everyone was in good spirits. A young man, who identified himself to Metro as Jeff, pleaded his case with officers who handed him a \$215 ticket for noise at his residence at 282 Huron St. just before 3 p.m.

"To be honest, I really don't think it's fair seeing as how they just broke up a kegger two houses over," he said.

"They said there was noise, but the whole street was noisy. That's why I don't understand why we got it. I think it's because I kicked (police officers) off the property," he said. "We're just a couple of guys drinking here."

Steeves said police had already warned that house once for people being on the roof.

"They were good, very polite, and we spoke to them and said if we have to come

back you're going to get a ticket," Steeves said about the encounter during which the warning was issued.

When officers returned to take the kegs two doors down, Steeves said the other party had grown and become too loud.

"It wasn't that they were targeted by any means because if they were, we would've given them the ticket right away," he said.

Earlier, police had taken nine kegs of beer from a house not far away on Woodview Drive. SCOTT TAYLOR/METRO



City staff are in the process of making sure enough land, like the property pictured here along Veterans Memorial Highway, is ready to be developed for businesses that want to move to London. METRO FILE

Land strategy crucial for Fontana

Industry enticement.
City staff describe \$120-million acquisition plan



MIKE DONACHIE
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It's a dry subject, but it's vital to Mayor Joe Fontana's future.

The city's \$120-million program of buying land, then selling it to potential employers, came before the strategic priorities and policy committee Monday.

It's central to what Fontana's planning to put before the electorate this year. His familiar cry of "jobs, jobs, jobs" depends on sites being available to companies.

So, when city staff outlined the industrial land acquisition strategy, everybody on council was paying careful attention.

"This is about the future of the community," said city manager Art Zuidema, and city planner John Fleming said it was council's "number-one priority."

Fleming described how the Forest City Industrial Park near the 401 cost the city about \$12 million for land and services. Companies paid \$6.7 million for that land, created 1,956 jobs and now the city benefits from \$60 million in extra tax every year.

The land strategy includes seeking \$80 million from the federal and provincial governments, and the timeline depends on the success of those applications. The rest is due to come from the municipal budget.

The aim is to offer a total of 200 hectares of vacant, serviced land, most of it near Veterans Memorial Parkway, the 401 or the 402. Currently, only 28 hectares are available, limiting what London can offer.

Another city issue

Cycling advisors approved

There was a bump in the road, but the city's cycling advisory committee was unanimously approved in committee Monday.

Council members approved plans to create the new, 11-member committee, but Garry Brown of London Cycle Link had an objection first.

He said cycling groups weren't consulted on the makeup of the committee, but city staff replied that public consultation did take place. **MIKE DONACHIE/METRO**

Now staff will take the plan forward, and look at how it will be run.

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"Number one job site" based on six-month average online job postings for period ending February 28, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.





Coun. Judy Bryant has her sights set on representing London North Centre at Queen's Park. She plans to seek the NDP's nomination for the seat. METRO FILE

Coun. Bryant running for MPP

London North Centre.

Judy Bryant latest to throw her hat in the ring, going up against Coun. Branscombe and MPP Deb Matthews



MIKE DONACHIE
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London's downtown councillor wants to join the provincial parliament, she said Monday.

Coun. Judy Bryant,

who had already said she wouldn't run for city hall in the fall, revealed she will seek the NDP nomination in London North Centre.

It will pit her against fellow councillor Nancy Branscombe, who's contesting the seat for the Progressive Conservatives, and sitting Liberal MPP Deb Matthews.

"I am seeking the nomination because I believe Londoners have expressed that they feel it is time for a change," said Bryant.

"They are tired of the Liberals taking the voters for granted with their scan-

dals and waste, while the Conservatives watch from the sidelines.

"Andrea Horwath is the only leader getting results at Queen's Park and that is why I am seeking the nomination to be on her team."

But another candidate for the NDP nomination made an announcement Monday. Larry McKenzie, who describes himself as a consultant and community activist, said he would contest it.

He said he wasn't a traditional NDP figure, instead bringing a business perspective.

Fighting to keep jobs here

The NDP were focusing on jobs with a new policy announcement Monday.

London MPP Teresa Armstrong was one of those speaking about a targeted tax credit designed to reward businesses that hire new staff.

The London-Fanshawe member and Taras Natyshak, MPP for Essex, put forward the policy pledge together.

"A job-creation tax credit will help small businesses that are creating jobs here in southwestern Ontario, not the

ones shipping our jobs overseas," said Armstrong. "Too many people in southwestern Ontario are losing hope of finding a good job and instead of offering change, the government insists the same old plan is working. We can do better."

The New Democrats want to reimburse employers for 10 per cent of the salary paid to a new hire during their first year of employment. The tax credit would be up to \$5,000 per new staff member. METRO



Teresa Armstrong CONTRIBUTED

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Alberta. Associate minister resigns, leaving the Tory caucus

An associate minister in Alberta Premier Alison Redford's cabinet resigned her post and left the Tory caucus Monday as unrest continued to roil on government benches.

Donna Kennedy-Glans, member of the legislature for Calgary Varsity, cited the inability to create change from within the party and a culture of entitlement as reasons for her departure.

But she did not criticize Redford by name.

"This is not just about leadership," Kennedy-Glans told reporters in Calgary. "This is about how our party functions and whether change from within is possible."

"We've had conversations about the premier's leadership for months now. I am



Alberta Premier Alison Redford
THE CANADIAN PRESS

just one person. I have to make my choices. I'm not here to bring down anyone."

Kennedy-Glans was the associate minister for electricity and renewable energy. She will sit as an Independent. **THE CANADIAN PRESS**

Sacrifices. Military rejected Canada Day Afghanistan tribute

Military planners have treaded delicately on how best to remind the country of the sacrifices of Canadian Forces members in Afghanistan, raising concerns about potential political and public sensitivities, newly released documents show.

That led military brass to ultimately recommend abandoning plans for a noon-time ceremony on Parliament Hill this coming Canada Day that would have commemorated the mission.

Inside the Defence Department, preparations are under

way for a series of war commemorations aimed at making sure Canadians never forget the 12 years that their military personnel spent in the war-ravaged country, where 158 of them died.

Documents obtained by the Liberal party under the Access to Information Act show that "Operation Distinction" — a campaign mandated by Prime Minister Stephen Harper — is proposing a series of high-profile events in the coming years to help celebrate Canada's 150th birthday in 2017. **THE CANADIAN PRESS**

Brampton, Ont.

Three dead in suspected CO poisoning

Three family members are dead of suspected carbon monoxide poisoning after police say at least one portable propane heater was used inside a home northwest of Toronto.

Const. Fiona Thivierge of Peel Regional Police says a 60-year-old man, his 59-year-old wife and their 36-year-old son died in hospital after the overnight incident in Brampton, Ont.

THE CANADIAN PRESS

Toxic smog

Paris adopts traffic ban to fight pollution

Paris imposed drastic measures Monday to combat its worst air pollution in years, banning around half of the city's cars and trucks from its streets for a day in an attempt to reduce the toxic smog that's shrouded the City of Light for more than a week.

Cars with even-numbered license plates were prohibited from driving in Paris and its suburbs.

THE ASSOCIATED PRESS

NYC mayor skips St. Pat's parade amid tension over gays

Parade organizers.

They've said gay groups are not prohibited from marching, but can't carry signs

New York City's St. Patrick's Day parade stepped off Monday without Mayor Bill de Blasio marching along with the crowds of kilted Irish-Americans and bagpipers amid a dispute over whether participants can carry pro-gay signs.

The world's largest parade celebrating Irish heritage set off down Fifth Avenue on a cold and grey morning, the culmination of a weekend of St. Patrick's Day revelry.

De Blasio held the traditional St. Patrick's Day breakfast at Gracie Mansion with the Irish prime minister, Enda Kenny, but was boycotting the parade, which doesn't allow expressions of gay identity. Boston's new mayor, Martin Walsh, also opted out of that city's parade Sunday after talks broke down that would have allowed a gay veterans group to march.

Guinness beer abruptly dropped its sponsorship of New York's parade on Sunday over the controversy. The Dublin-based company has pulled sponsorship assets,



In this Friday, March 17, 2006 file photo, members of the Irish-American gay community protest on Fifth Avenue the exclusion of gay expression from the annual St. Patrick's Day Parade in New York. DIMA GAVRYSH/THE ASSOCIATED PRESS

including on-air presence, parade participation and any promotional materials that weren't already printed, although the beer maker had already made a payment to parade organizers, spokeswoman Alix Dunn said.

Other beer companies earlier joined the boycotts, with Sam Adams withdrawing its sponsorship of Boston's parade and Heineken following suit in New York. That leaves Ford as the last remaining major sponsor of the Manhat-

tan parade.

Parade organizers in New York have said gay groups are not prohibited from marching, but they are not allowed to carry gay-friendly signs or identify themselves as LGBT.

For the second year running, Dublin's major parade was including groups from Ireland's gay-rights groups, Dublin Pride and BeLonG To. Gay groups are a big part of the Dublin community dance groups, which wear flamboyant outfits and feature in

each year's Dublin parade.

While New York's Irish people, their descendants and the Irish-for-a-day planned to revel in the celebration of culture on Monday, de Blasio's decision to skip the parade underscores lingering political tensions over gay-rights issues in the United States. Kenny, however, refused to be sidelined, saying he'd join the procession Monday in Manhattan because the holiday is about Irishness, not sexuality. **THE ASSOCIATED PRESS**

Seven-year-old Manitoba girl mauled to death by two dogs

A seven-year-old girl is dead after being mauled by two dogs at a rural Manitoba home.

RCMP spokeswoman Tara Seel said officers responded to a call Sunday in the Rural Municipality of Springfield. The girl was rushed to a Winnipeg hospital where she was pronounced dead.

The girl, who was from the Rural Municipality of St. Andrews, was visiting family

friends at the time of the attack, Seel said.

"Two Alaskan malamute dogs were seized and are being held by RM of Springfield animal control while the investigation continues," she said Monday. "It should be noted that the dogs were known to the deceased. This was not a random attack."

The girl's name and exact cause of death were not be-

ing released, Seel said. It's not clear what prompted the attack, she added.

The girl was being supervised by an adult but it doesn't appear anyone witnessed the mauling, Seel said.

"This is just a tragedy all around and you never like to hear about this type of thing. You feel for everyone involved."

Charges are not being ruled out.

"We're still in the thick of the investigation," Seel said.

Bill McDonald, CEO of the Winnipeg Humane Society, said malamutes are traditionally sled dogs that can weigh anywhere between 36 and 45 kilograms. They are generally known as a friendly breed, but he said there have been cases where malamutes have fatally attacked children before.

THE CANADIAN PRESS



An elderly woman speaks to a Russian military man outside a Ukrainian military base on Monday in Simferopol, Ukraine. Voters on the autonomous Ukrainian peninsula of Crimea voted overwhelmingly yesterday to secede from their country and join Russia. DAN KITWOOD/GETTY IMAGES

West hits Russia with sanctions after Crimea vote

Tensions rising.

Ukraine's president activates thousands of military reservists as Russian troops mass near its border

Russian President Vladimir Putin recognized Crimea as a "sovereign and independent country" Monday, just hours after the strategic Black Sea peninsula declared it had broken away from Ukraine.

The moves triggered the toughest Western sanctions against Russia since the Cold War — with Washington and the European Union retaliating with asset freezes and travel bans and U.S. President Barack Obama vowing to "increase the cost" if the Kremlin does not back down.

Ukraine's turmoil has become Europe's most severe security crisis in years and



U.S. President Barack Obama
THE ASSOCIATED PRESS

tensions have been high since Russian troops seized control of Crimea, which decided in a Sunday referendum to merge with Russia. Putin signed a decree recognizing Crimea's independence, and Russian troops were massed near the border with Russian-speaking eastern Ukraine.

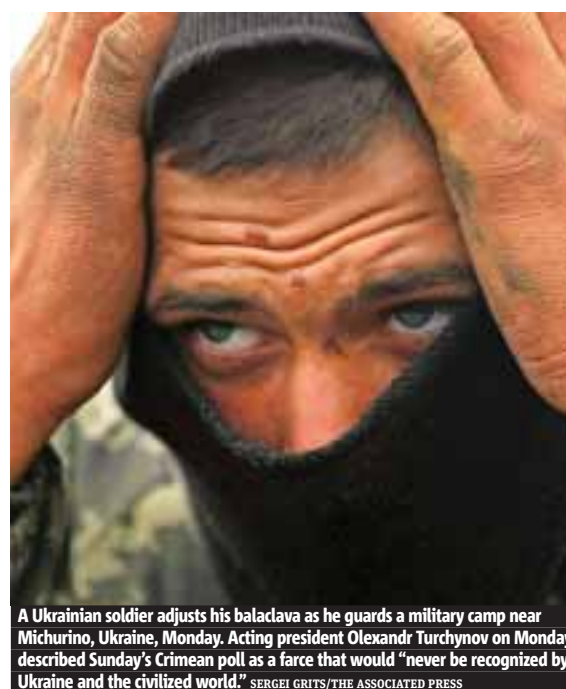
Ukraine's acting president

raised tensions on the ground by calling for the activation of some 20,000 military reservists and volunteers and for the mobilization of another 20,000 in the national guard.

The U.S., EU and Ukraine's new government do not recognize the referendum held Sunday in Crimea, which was called hastily as Ukraine's political crisis deepened with the ouster of President Viktor Yanukovich following months of protests and bloodshed. In addition to calling the vote itself illegal, the Obama administration said there were "massive anomalies" in balloting.

A top Russian official hit by sanctions mocked Obama.

"What should those who have neither accounts nor property abroad do? Have you not thought about it?" Deputy Prime Minister Dmitry Rogozin tweeted. "I think the decree of the President of the United States was written by some joker." THE ASSOCIATED PRESS



A Ukrainian soldier adjusts his balaclava as he guards a military camp near Michurino, Ukraine, Monday. Acting president Olexandr Turchynov on Monday described Sunday's Crimean poll as a farce that would "never be recognized by Ukraine and the civilized world." SERGEI GRITS/THE ASSOCIATED PRESS

What's next?

- A delegation of Crimean lawmakers was set to travel to Moscow on Monday for negotiations on how to proceed. Russian lawmakers have suggested that formally annexing Crimea is almost certain — with one saying it could happen within days.
- The Crimean referendum could encourage rising pro-Russian sentiment in Ukraine's east and lead to further divisions in the nation of 46 million.
- In Kyiv, acting president Oleksandr Turchynov vowed that Ukraine will not give up Crimea.

The view from home

Harper: 'We must keep the pressure on' Russia

Prime Minister Stephen Harper says Canada will impose more sanctions on Russia as a result of Sunday's vote in Crimea to secede from Ukraine.

Harper said Monday that the result of the so-called referendum is illegitimate and was conducted under an illegal Russian military occupation.

Harper said his government will be announcing more economic sanctions and travel restrictions on "senior people" in Russia and Ukraine, and "in Crimea specifically."

He made the announcement prior to meeting Vadym Prystaiko, the Ukrainian ambassador to Canada.

"It's my strong belief we must keep the pressure on and we must continue to maintain sanctions and maintain putting in place strong steps to dissuade this behaviour," Harper said. "What the Putin regime has done cannot be tolerated and can never be accepted."

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COURTESY NASA



Moon mining: The 21st century gold rush

What's up there

- H₂O. Used for drinking and, when separated into hydrogen and oxygen with a little electricity, as rocket fuel.
- Rare earth minerals — platinum, rhodium, gold. Not just bling, platinum group metals are used as catalysts in solar panels. Right now their cost is one of the barriers to making cheap solar cells.
- Helium-3. A potential radiation-free fuel for nuclear energy production.

Building an economy in space. Many elements that are rare on Earth can be found aplenty on the moon

STEPHANIE ORFORD

For Metro in Vancouver

Five years ago, if you had brought up moon mining among geologists, “you would have been laughed out of the room,” said Gordon Osinski, founder and director of the Canadian Lunar Research Network, and an assistant professor of geology at the University of Western Ontario.

Times have changed. Mining on the moon and on asteroids, formerly the stuff of science fiction, is clearly in the sights of governments and, increasingly, private companies.

In February, NASA announced it was accepting applications from U.S. companies to build robots for lunar prospecting, a step toward creating an economy in space.

And there's certainly a market for what's up there. Many elements that are rare on Earth can be found aplenty on the moon. Satellite imaging has shown that the top 10 centimetres of regolith (moon soil) at the south pole of the moon

Mission: 2018

Canada at a crossroads

Moon and asteroid mining is an opportunity Canada cannot afford to miss out on, according to Dale Boucher, CEO of Deltion Innovations.

Boucher's Sudbury, Ont.-based company has developed a drill for extraterrestrial prospecting. In March 2012, NASA invited the Canadian Space Agency to provide Deltion's drill system and a rover vehicle for a proposed lunar prospecting mission in 2018.

The Canadian government must now decide whether to fund this.

The mission would research in-situ resource utilization — small-scale extraction and refining of resources that are used on the spot. These technologies, including Deltion's drill, could be adapted to larger-scale operations.

The 2018 prospecting mission would sample the south pole of the moon for water ice, and would be the first-ever mission to the moon that would have a “mining flavour,” said Boucher. Water



Testing of Deltion's DESTIN drill in frozen lunar simulant. CONTRIBUTED

is an important first step, he explained. When split into oxygen and hydrogen, it's a fuel that can be used to power further exploration.

“Canada is at a crossroads right now and the next few months will be very telling.”

quarter of a million dollars,” said Boucher.

But companies are working quickly to reduce that cost. Companies like SpaceX, which streamlines the production and usage of its space vehicles to make them economically viable, are showing that private businesses can get into space more cheaply and efficiently than countries can.

Once you've landed on the moon, you're confronted with more challenges. The ground temperature is -200 C, there's no atmosphere and solar radiation can damage equipment.

Not all the difficulties are

technical, however. If lunar resource extraction becomes an international activity, there may be conflict over who owns those riches.

In 1967, two years before the first humans landed on the moon, the United Nations created the Outer Space Treaty, but that agreement was vague on resource extraction.

“Those policy and legal issues are going to be as challenging as the engineering,” said Osinski.

Despite its challenges, he anticipates that mining on the moon and asteroids will become a reality in 10 to 20 years.

Nuclear energy

He-3

Q&A

Helium power

Over billions of years, solar winds have embedded helium-3 into the top 10 centimetres of the moon's soil. Researchers believe helium-3, which is scarce on Earth, may be the key to fueling sustained, large-scale nuclear fusion reactions that could power cities. Nuclear fusion, the fusing of atoms, is different from current nuclear power plants, which run by nuclear fission, the splitting of atoms. Existing plants split radioactive isotopes of uranium, producing hazardous waste. Not a problem with helium-3, as it is not radioactive.

If reactors get past the research stage, helium-3 could provide the first-ever fuel for nuclear-energy production that doesn't pose a risk of radiation.

“I think it is a question of when, not if.”

However, the Canadian Space Agency has no plans for large-scale extraterrestrial resource extraction, says Osinski.

Changing the mass of the moon

Gordon Osinski is the founder and director of the Canadian Lunar Research Network and an assistant professor of geology at the University of Western Ontario.



Osinski

If we change the mass of the moon by extracting all these resources, will this affect our tides or have other gravitational effects?

It would have to be a huge fraction of the entire mass of the moon that you'd have to remove. A big part of my research studies meteorite impact craters and there are giant holes in the moon from asteroids and comets hitting it. None of those impact events have had an effect on the moon's rotation.

Could mining change the way we see the moon from Earth?

You'd have to do it on such a large scale to ever be able to see it from the earth.... Maybe in 1,000 years time it'll be a discussion point.

Why stop at mining?

According to Osinski and Boucher, the moon could also be home to:



Rocket fueling stations

Stations that extract water could split H₂O to produce oxygen and hydrogen, fuel for missions venturing farther out into space.

Long-range telescopes

The darkness on the far side of the moon would allow telescopes to see even deeper into the universe than the Hubble does.



Advertising opportunities

If astronaut Chris Hadfield can tweet a picture of himself from space, more extraterrestrial product placement is likely on the horizon.



Space hotels

“To me, one of the most iconic images ... is just that image of Earth from the moon,” said Osinski. “I think people would probably just pay for that.”





Smells like a whiskey fight

Jeff Arnett, the master distiller at the Jack Daniel Distillery in Lynchburg, Tenn., tests the aroma of whiskey. Jack Daniel's is fighting efforts in the state legislature to dial back the legal definition of Tennessee whiskey, a definition that resembles almost to the letter the process used to make Jack Daniel's.

THE ASSOCIATED PRESS FILE

Will the real Bitcoin creator please stand up?

We're gonna have a problem here. Dorian Satoshi Nakamoto denies he's behind the digital currency

the digital currency. In the magazine's return to print this month, the cover story declared Nakamoto to be the "face behind Bitcoin." The

magazine has stood behind the story.

Many believe "Satoshi Nakamoto" to be a pseudonym. **THE ASSOCIATED PRESS**

The man Newsweek claimed is the creator of Bitcoin has hired a lawyer in an attempt to clear his name, repeating a denial he made to The Associated Press more than a week ago that he has never had anything to do with

Market Minute



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BAN 'BOSSY' OR BE THE BOSS?

Earlier this month Facebook COO Sheryl Sandberg launched a high-profile public service initiative to ban the word 'bossy' from our collective vocabularies. She argues that the contentious five-letter word quashes young girls' self-esteem and discourages them from pursuing leadership roles.

Bossy might seem like a relatively innocuous adjective, but think for a moment about how often you've heard a male executive described in this manner. Like catty, bitchy and hysterical, bossy is a loaded expression that is uniquely gendered in its application. Whether you're chastising a difficult child or whining about an argumentative manager, bossy is most-often used to describe female behaviour and it's usually employed in a derogatory way.

The pejorative put-down — which brings to mind shrill nagging rather than competent management strategies — has a real impact on the way women in managerial positions are viewed by others. Aggressive people get the job done; bossy people just make



SHE SAYS
Jessica Napier
metronews.ca

a lot of noise.

Plenty of prominent female celebrities are getting on board the #BanBossy bandwagon — including Diane von Furstenberg, Jennifer Garner and Beyoncé, who all appear in a YouTube video as part of the campaign. As usual, Queen Bey's words are the most resonant: "I'm not bossy," she proclaims, "I'm the boss." Bow down, indeed.

While policing everyday language is a seemingly impossible task, it's important to create awareness about how certain words are used to reinforce negative stereotypes about women in leadership positions. Rather than labelling outspoken women as bossy, we should be encouraging them to raise their hands, give direction, voice their ambitions and take on commanding

roles. But before we attempt to embargo bossy forever, let's take a moment to remember some of the best examples of women who made bossy look good.

Tina Fey, whose bestselling autobiography *Bossypants* — which chronicles her rise to fame in the male-dominated world of

comedy — is both laugh-out-loud funny and incredibly inspiring. Amusingly, Amazon lists Fey's book alongside Sandberg's book *Lean In* as items that are frequently bought together.

The anonymous individual behind Urban Dictionary's top definition for the word bossy sums it up well. The streetwise submission reads as follows: "Describes a girl who is the alpha-female or the queen bee. She is gettin paid, stayin fly, and is the leader of her crew. Respected by all; loved by some." With over 500 'up' votes, this is certainly a description that many of us can get behind.

Little Miss Bossy: the iconic big-mouthed, blue character from the popular children's books by Roger Hargreaves stays true to her name. Little Miss Bossy was the first female character to be introduced in the beloved Mr Men & Little Miss series, staying true to her assertive personality.

American R&B singer Kelis, who reminds us on her catchy 2006 power anthem *Bossy*, that she was the one who brought all the boys to the yard. Years later the song was featured on an episode of *30 Rock*, the award-winning sitcom created by and starring Tina (Bossypants) Fey.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

Reviving ancient history



AMR NABIL/THE ASSOCIATED PRESS

Museum opening near Pyramids

Egyptian conservators clean a female mummy dated to Pharaonic late period, (712-323 BC), in the conservation centre of Egypt's Grand museum under construction, just outside Cairo, on

Monday. Egypt's antiquities minister says construction has begun on the main hall of a massive new museum by the Pyramids, the final phase of a complex that's intended to house 100,000 ancient artifacts including King Tutankhamun's mummy.

THE ASSOCIATED PRESS



A conservator cleans a piece of limestone. THE ASSOCIATED PRESS

Tourism suffering after years of turmoil

Authorities are seeking to revive Egypt's battered tourism industry after three years of turmoil. The Grand Egyptian Museum was supposed to open in 2012.

THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

In glorious news for Beatles nuts and guitar wonks, the excellent Guitar Collection: George Harrison has dropped from its initial price of \$10 to a virtually free tag of \$0.99. Spearheaded by Harrison's son, Dhani, the mobile app provides fans with an up-close look at the Beatle's fearsome guitar arsenal with a fully interactive photo gallery of Rickenbackers, Strats and ukuleles that would alone be worth the cost of entry to some.

But the real treasure lies in audio clips Dhani recorded before George's death, where the father tells the son about his favourite instruments, the stories behind them and the songs they graced — and it truly feels like you're sitting in the room with the pair, listening in.

Toss in a generous helping of Beatles lore and performance videos (including sessions featuring Dhani playing with Conan O'Brien, Ben Harper and others) and you have some of the best bang for a literal buck available on the App Store.



George Harrison
GETTY IMAGES

Twitter

@metropicks asked: By 2025 the Internet will flow in our lives like electricity, experts say. How do you imagine it in 2025?

@Canucklehead_ca: 90% 'which breed of cat are you' quizzes. That being said, unless you get a screen name soon you are likely out of luck.

@MomAndDadFight: in 2025 we've done away with names. Everyone is named Steven. Me and my cousin Steven are going to see Steven at the Stevenplex

Follow @metropicks and take part in our daily poll.

Comments

RE: Scared Of The 9-to-5 Grind? You Will Be After Watching This Film, published March 14

Looks very interesting! Personally I feel very similar when I commute to work every day. I see everyone with their faces planted on their devices. Nobody talks anymore, it's all texting! I went to a sushi restaurant the other day and saw five guys sitting in a booth. Every one of them glued to their phones and not conversing with each other. Just glaring and texting. It's a mad world we live in!!

Supair Mario posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

DVD review



American Hustle

Director. David O. Russell

Stars. Christian Bale, Amy Adams, Bradley Cooper, Jennifer Lawrence

American Hustle is a dance you want to join and a party invitation you want to take up.

"Some of this actually happened," the title card reads, referring to the parts of this shaggy dog narrative that ricochet off the real con game of the late 1970s and early 1980s, known as Abscam, when FBI agents posed as Arab sheiks to sucker and collar a passel of corrupt politicians.

Directed by David O. Russell, it stars Christian Bale, Amy Adams, Bradley Cooper and Jennifer Lawrence as scammers and flim-flammers on either side of the law, all comporting themselves as if they wandered off the set of Saturday Night Fever.

Indeed, the ladies flash so much boobage in their permanently NSFW attire, it's almost as if they want to be ready in case a mirror ball suddenly starts flashing and the needle drops on a disc spinning Disco Inferno — although the more appropriate tune for this film might be Do the Hustle.

Extras include deleted and extended scenes and a making-of featurette.

PETER HOWELL

Nymphomaniac exposes surprising side of Slater

Revealing role.

Keeping his clothes on puts fading star back in the spotlight

MATT PRIGGE

Metro World News in New York

No, Christian Slater wasn't reluctant to do Lars Von Trier's sex movie Nymphomaniac. "My fiancée was concerned," he says, "because she's not an actress and not remotely interested or involved in this profession. She's never dated an actor before, so to hear of the project raised some red flags for her."

Then again, Slater was one of the few in the cast who didn't have to do the naughty stuff. He plays the father of the lead character, Joe (Charlotte Gainsbourg as an adult and Stacy Martin as a teen, young adult), a sex addict who relates a history of banging to a stranger (Stellan Skarsgaard). Slater keeps his clothes on, save some hospital gown malfunctions late in.

He still had reason to be scared. Von Trier has a reputation as an intimidating monster, one he himself has cultivated and fed to a hungry press. But despite Björk vowing never to act again after his Dancer in the Dark and Nicole Kidman running away from the sequel to Dogville, most actors have nothing but kind words for him. (Kidman has even said she'd work with him again.) Slater is no different.

"I found him to be very gentle and wonderful," he says. "The scenes that I had to



Christian Slater liked working with Lars Von Trier, calling the director 'very gentle'. DAN STEINBERG/THE ASSOCIATED PRESS

do were very gentle scenes. We shot some of it in his backyard. We used the area of forest he used to play in when he was a kid. I think he felt very sentimental about it."

Slater's material is atypically earnest and warm for Von Trier, and they add an important texture to a film that's

alternately comic and unpleasant. "I'm very happy that those scenes are in there. The movie needs that sensitive softer side. You need to understand that this girl did have some kind of deep, intense emotional background."

Slater shot his footage over four months, coming in and

out of a production that was much more wild when he wasn't there. "I would hear about these stories about what they shot, the sexuality, the prosthetic that Shia (LaBeouf) had to wear — these crazy insane stories," he recalls. "But what was funny to hear was when they shot the first sexual encounter scenes and then by the end they could have cared less, they got de-sensitized. 'Oh, lets just get naked again.' But me, I would just shoot these sweet scenes with this 12 year-old girl."

For Slater, his Nymphomaniac performance is kind of a new big break. He first came to attention in films like Heathers, Pump Up the Volume and Young Guns II, usually playing smirking wisecracks who seemed to be doing Jack Nicholson impersonations. (In person he's more boyish and endearingly excitable.) His career has tapered off over the last 15 years — he's mostly seen in DTV fare these days — but his Nymphomaniac turn is both prominent and revelatory, revealing untapped maturity and kindness.

Not that he was completely aware of this at the time. "Quite honestly, I didn't know what we were doing," he says. "(Von Trier) gave me no clear-cut direction how to communicate any of this stuff. I was making it up as I went along. He allowed improv moments. I think the thing he was most concerned about was slowing down, taking my time and not rushing through it."

The whole experience was a kind of rebirth. "It was very unusual," he says. "I kind of had to re-train myself."

2 SCENE

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SXSW: Teenage kicks and girls, girls, girls

Step aside, guys.

It was the ladies and the youngsters who ruled South by Southwest this year

PAT
HEALY

Metro World News

If this year's SXSW Music Conference in Austin, Texas, is any indication — and it usually is — then you're going to be hearing a lot more from the ladies. It's telling that the keynote speaker for the conference was Lady Gaga, who along with female-fronted acts like St. Vincent and Perfect Pussy generated the most "Did you get to see?" moments over the five days of music.

Angel Olsen is another woman who you'll be reading a lot more about, and all of the hype is warranted. Hailing from Chicago, she stands perfectly still as her songs course through her, delivering lyrics that feel like important truths that you hadn't yet considered. And the way her voice can effortlessly shoot up an octave will make your heart do somersaults.

Another female-fronted act that hasn't received quite as much acclaim as Olsen, but is just as deserving, are the Casket Girls. This Savannah



Folky siren Angel Olsen was a clear highlight of SXSW, and it's likely she'll be one of 2014's breakout stars. ZIA ANGER

band, headed by sisters Phaedra and Elsa Greene, make spooky pop music and incorporate goofy choreography into their dark lyrics. Chatting with the band in an old Airstream trailer at a nursery (interviews at SXSW sometimes take place in unique locations) the Girls say that there are more women than

men on their current tour with the bands Stargazer Lilies and Dreamend.

"I think it's totally awesome," says Elsa of the number of women who are making names for themselves in music. "It seems like it's been a totally male-dominated industry, so it's great.... If you think about it, women's lib

was really not that long ago and it takes a really long time for that stuff to take effect."

Many times when interviewing musicians at SXSW, the discussions will take place at a bar over a few Bloody Marys. But the sweat-faded magic marker X's on the hands of The Orwells were an indication that the band,

All the young dudes

"We're just living in the present moment, and to us it makes perfect sense for a band to be this age, because most of the bands we like were that age."

Evan Walsh, 17, drummer for the Strypes

all of whom are 20 years old, wouldn't be following suit. The Chicago five-piece, which includes two cousins and a pair of twins, have been at it since high school (which was only a few years ago for them) and their tight bond comes across onstage. Their punk spunk, combined with a death-grip understanding of how the exchange of energy between audience and band should work, made them one of the top must-see acts of this year's SXSW.

Chatting with the band on a sidewalk on 4th Street, what comes across is the youthful exuberance of their live show and a little bit of teenage cynicism. This is the third time they've played SXSW, so excuse them if they're a little jaded.

"Our first South-By, we found our manager," says singer Mario Cuomo. "That's like the best thing that it's ever going to do for us. Once you find a manager and a label that supports you, what the f— is the point of this?"

The point of it is exposure, and The Orwells are getting

a lot of it, having already received seals of approval from the likes of Rolling Stone and Spin for their riotous performances here this year.

Another young band to receive widespread acclaim for their lively performances are The Strypes. Ranging in age from 16 to 18, this Irish five-piece come onstage chomping on gum and dressed to the nines, and then they proceed to play the type of British Invasion blues that would be noteworthy for its authenticity alone even if the band weren't so young. But the fact that they're starting so early gives hope for a long career.

"We don't really know what's next," says guitarist Josh McClorey, 18. "If we could make a career out of this that would be fantastic to eliminate the idea of having to go to a nine-to-five job that you don't really like."

Drummer Evan Walsh, 17, chimes in: "We're just living in the present moment, and to us it makes perfect sense for a band to be this age, because most of the bands we like were that age."

Schoolboy Q basks in glow of first No. 1 album

No longer the hypeman.

Kendrick Lamar's label-mate scores latest hit for Top Dawg Entertainment

It's Schoolboy Q's turn. The Los Angeles rapper took the hand-off from Top Dawg Entertainment label-mate Kendrick Lamar and scored a touchdown when his new album *Oxymoron* opened at No. 1 on the Billboard 200, selling 139,000 copies in the week ending March 2. It's the second straight strong showing for TDE and Q, who sees it as the start of a championship team.

"Somebody has to step up besides Kevin Durant," said Q, who made the rounds at South by Southwest last week. "Somebody has to step up beside Michael Jordan and Kobe

Bryant. They can't do it by themselves. Football is the best example, you can't win by yourself. A good quarterback can't win a championship. The linebacker can't win you a championship. The coach can't win you a championship. It has to be everybody."

Q held up his part of the deal, delivering a critically praised major label debut that compares favourably to Lamar's Grammy Award-nominated breakthrough good kid, m.A.A.d. city in its grittiness and authenticity. Given the opportunity in front of him, the rapper could have aimed for pop radio success, but instead made an LP that reflects his life as a father and former gang member.

The 27-year-old began his TDE run as Lamar's hype man and calls King Kendrick his brother, giving him the credit for his moment.

Quoted

"It's just up to you to take advantage of the opportunity because there's plenty of rappers that have friends."

Schoolboy Q
on working with Kendrick Lamar

"That's how it goes in any successful label — you have to roll off somebody," Q said.

Terrence "Punch" Henderson, one of TDE's two founders, said the back-to-back successes — good kid, m.A.A.d. city debuted at No. 2 upon its release in November 2012 — show where the label is headed.

"The first time with Kendrick wasn't a fluke," Henderson said. "Q came out, got a No. 1 album, but the album's actually great. It's a great record and that's what



Schoolboy Q performs during this year's SXSW Music Festival in Austin, Texas. JACK PLUNKETT/INVISION/THE ASSOCIATED PRESS

we aim towards, to put out great music."

Henderson reaffirmed plans to release a new album

from every label member this year — SZA is up next on April 8.

That list includes Lamar,

who he says has recorded 12 new songs but may throw them out and start anew.

Interest is high. Lamar was one of the top nominees at the 2014 Grammy Awards, but was shut out in what turned out to be a hip-hop landslide victory for Macklemore & Ryan Lewis. Though Lamar didn't win, he teamed with Imagine Dragons for one of the night's most powerful performances and attained a new level of popularity.

"The performance was crazy, probably the best performance of the night," Henderson said. "I'm not just saying that because that's my artist either. After all that controversy behind him not winning, that's keeping him in all the conversations. It keeps us as an underdog. There's no ceiling. If you win, where do you go after that? So it gives us something to work towards still."

THE ASSOCIATED PRESS



Wayne Knight

Good Knight, sweet prince ... No, wait, he's alive!!

Former Seinfeld and Jurassic Park star Wayne Knight had to take to Twitter this weekend to reassure fans that reports of his death were greatly exaggerated. "Some of you will be glad to hear this, others strangely disappointed, but ...

I am alive and well," Knight wrote, responding to fake TMZ and Us Weekly posts claiming he'd died. "Does someone have to DIE to trend? Geez! Thanks for all the love, everybody. I didn't know you cared. Glad to be breathing!"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Statham's model girlfriend should tread Kerr-fully

Jason Statham better be careful, as girlfriend Rosie Huntington-Whiteley has reportedly been getting some frank advice from fellow Victoria's Secret model Miranda Kerr about the state of their relationship, according to Radar Online.

"Rosie and Jason have had many ups and downs in their relationship, but the super-model has begun to lay down the law that if Jason doesn't start getting serious about getting married, she will leave him. But the ultimatum idea didn't come from Rosie herself but her close pal and mentor Miranda," a



source says. "After Rosie and Jason have spent four years together, Miranda would like to see her get married. She only wants the best for her friend, so she's urging her to give Jason some tough love."

And apparently Kerr is more than happy to take credit for what happens next: "Miranda has been bragging to other friends in recent weeks that she is steering Rosie in the right direction by advising her to leave Jason if he doesn't propose before the summer," the source adds.



Lady Gaga ALL PHOTOS GETTY IMAGES

Lovato has the stomach to take on Gaga fans after pukey SXSW performance

Lady Gaga has received plenty of raised eyebrows for letting a performance artist vomit on her during a concert at SXSW last week, but some people were genuinely offended by the act, including Demi Lovato, who took to Twitter to criticize Gaga for glamorizing eating disorders. "Bottom line, it's not 'cool' or 'artsy' at all," Lovato tweeted. "Would you let someone bring a needle

and shoot up on you? Addiction is addiction." Some fans immediately came to Gaga's defence, accusing Lovato of throwing shade, but she would not be deterred. "It's not 'shade' and it's not 'hate.' But someone has to come forward and say it and I'll take the heat for it," she wrote. "Putting the word 'art' in it isn't a free card to do whatever you want without consequences."



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Fish oils on the brain



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DAVID SINGH
life@metronews.ca

Taking fish oil supplements can be confusing business. Visit the pharmacy aisle of any grocery store and you'll see why.

There are so many questions that can arise from this product. What are the benefits? Are there risks involved

in taking it? Should you take salmon and fish oil, krill oil, or cod liver oil? After all, fish is fish, right?

What's the difference?

All fish oil supplements are not created equally, according to Sandra Edwards, a registered dietitian in Markham, Ont.

"There are different types of fish oil supplements, just like there are different types of fish available," Edwards said.

She says that cod liver and fish liver oil are sources of vitamin A and D, while other types like salmon oil and krill oil contain omega-3 fatty acids. It's important to make the distinction between the two, depending on your specific needs.

What is omega-3?

You may have heard the term omega-3 tossed around before, but what exactly is it?

"Omega-3's fatty acid play a role in the overall health of our heart and brain, but unlike diet or exercise you may not feel or notice a visible benefit," said Matthew Mayer, senior research specialist at the Heart and Stroke Foundation of Canada. "Regular consumption of omega-3s has been linked to reduced risk of some forms of cancer, improved heart rhythm function and reduced risk of heart diseases and stroke."

Food first

Great, now that that's cleared up, time to head to the phar-

macy aisle, right? Not so fast.

The Heart and Stroke Foundation has no position on fish oil supplements. It recommends that Canadians speak to their physicians first. And Edwards agrees. "I would encourage people to get fish in their diet because there are many more benefits to eating fish rather than just the fish oil supplements," she said.

Aim for at least two servings of fatty fish per week. If you can't or don't like to eat fish then it's time to consider other options. That's where your physician's advice comes into play.

Risks to fish oil

Fish oil is not without risks. It can thin the blood, and re-

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For your next outdoor adventure, publisher Random House has assembled six useful tools: a compass, flashlight, level, strobe, and some fun sound effects to help embellish your spooky campfire stories.



Be on the lookout

When buying fish oil supplements, always look for a natural product number (NPN) on the package. This ensures the product has been evaluated by Health Canada for quality, safety and effectiveness.

search about supplements has yielded mixed results.

"More research is needed to understand if the same (omega-3) benefits can be derived from supplements," said Mayer. "It is still quite early, but some research has suggested not all omega-3 fatty acids are linked to improved health."

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metro

News worth sharing.

Prevention and precision

LINDA CLARKE

Metro World News in New York City

When it comes to colorectal cancer — which comprises colon cancer and rectal cancer — not all tumors are created equal. The big news in colorectal cancer treatment is genetic sequencing: defining the biology of a tumor and tailoring targeted treatment, rather than going by the old “one pill fits all” application.

“Precision medicine is the buzzword,” says Dr. Rona Yaeger, a colorectal cancer researcher for the American Can-

cer Society. “Already there are drugs in clinical trials that will come on the market soon for new targeted treatments that act on particular tumor types.”

With precision medicine and improved surgery techniques, doctors are able to more accurately target tumors. The result is less treatment for colorectal cancer patients, who previously might have had to endure unnecessary radiation or chemotherapy.

“We’re now understanding that we’ve been over-treating and we don’t always need all that chemotherapy and radiation,” explains Yaeger. “Radi-

tion, in particular, is something we want to avoid if possible, especially in young people, because one of the possible side effects is infertility.”

Generally, colorectal cancer is thought of as an older person’s disease. Yaeger tells Metro that the average age of colorectal cancer patients is 70, but adds that the incidence of colon cancer is increasing in 25- to 50-year-olds.

“So far, the evidence is observational, but that’s what we’re seeing,” she says. “The problem is that in younger people, colorectal cancer is more likely to be advanced. Young people do

not seek treatment until they present with symptoms, such as bloody stool, or a change in bowel movement. With young people, it’s beyond a polyp.”

Polyps are pre-cancerous ruptures in the bowel wall that are found during colonoscopy exams and removed. Colonoscopies are an effective tool in preventing cancer.

Despite all the advances in treatment, prevention for anyone, particularly younger people, is still paramount. Two ways to slash your risk? You’ve heard them before: a healthy (high-fibre!) diet, and regular exercise.



A high-fibre diet and exercise help slash the risk of colorectal cancer. iStock



Richard Crouse battled his colon cancer with a positive attitude. CONTRIBUTED

... and that's the bottom line

Colon Cancer Awareness Month.
Metro's movie critic shares his own story — and a vital message



RICHARD CROUSE
life@metronews.ca

There are a few phrases you never want to hear.

“Michael Bay is directing a remake of Casablanca” and, “It’s not you, it’s me” appear on the scroll of things that hurt my ears.

Top of the list, however, is, “We’ve found a tumor.”

In mid-2013, I had a colonoscopy, a procedure so routine I thought I’d be in and out and on my way to my favourite sandwich shop by lunch. I’m a nonsmoker, moderate drinker and I watch my diet. I even eat kale — lots of it. I had no symptoms, felt fine and only went because my doctor told me I had to due to my age.

Those four simple words went on to inform the next months of my life.

The doctor, squeezing my arm, saying, “I’m sorry,” before walking away, didn’t do much to alleviate the fear that quickly overtook me.

Besides becoming a human pincushion, pumped with toxic chemicals, the mental effect of being told you have cancer lingers.

I began the journey with the usual shock, but quickly

skipped ahead, past denial, to anger. I was mad that a bullet shaped tumor in my colon — a dark spot that had grown quietly and insidiously inside me for the past few years — could possibly sideline all I had worked for.

The anger stage was quickly replaced by acceptance after long talks with the ever-rosy Andrea, my long-time girlfriend, and the cadre of doctors brought in to assess me.

It was then I decided to live my life with as little disruption as possible. It was my way of saying, “Screw you, cancer. You’re not making the rules, I am.” Optimistic maybe, but I firmly believe that a good attitude is one of the keys to leading a healthy life even in the face of serious medical issues.

I’m through the treatment now and the prognosis is good. It was a long journey — a trip down a dark and twisty road. I won’t miss feeling like I’m living in someone else’s body, waking up exhausted everyday or fearing the sinister tumor that was growing in me.

Today I’m confident that the surgery — I toyed with using the nickname Semi Colon Crouse in tribute to what was left of my insides, but better sense prevailed — more tests and scans than I can count and the gallons of chemo pumped into my system was all worth it.

This is my story, but it’s not my message.

I waited until after my treatment for my cancer coming out party because I didn’t want apathy. I didn’t want to be viewed differently. I just want you to

Just the facts

- The National Cancer Institute of Canada (NCIC) acknowledges colorectal cancer (CRC) as the third most common cancer and the second most common cause of death from cancer for both Canadian men and women.
- On average, 423 Canadians are diagnosed with CRC every week.
- One in 14 men is expected to develop CRC during his lifetime and one in 27 will die of it. One in 15 women is expected to develop CRC during her lifetime and one in 31 will die of it.
- 175 Canadians, on average, die of this disease every week.
- Anyone 50 and up should be screened regardless of family history.

know that if this could happen to me, it could happen to you. March, being Colon Cancer Awareness Month, seemed like the time to share my story.

What I want now is for you to get tested.

Colonoscopy is a big word, but it could have a huge effect on your well-being. Having one at age 50 saved my life and it could save yours. Make an appointment today. Your colon and I will thank you.

Down south meets south of border: Mac & Cheese Fajitas

THERESA ALBERT
myfriendinfood.com

Combine two family faves in a casserole and there will be no complaints at the dinner table. Flank steak is a flavourful cut and takes minutes to cook.

1. Place steak on counter to bring to room temperature.

2. Bring pot of water to a boil, add a pinch of salt for pasta.

3. Meanwhile, mix herbs, sea salt and hot pepper flakes together in a plate along with half the oil. Coat steak in herbs while you heat a cast iron skillet to high heat. Sear steak for 4-5 minutes on both sides.

4. Add pasta to boiling water and boil to cook through, drain.

5. Remove steak and set



TOTAL TIME
30 MINUTES

This recipe serves four. COURTESY THERESA ALBERT

aside.

6. Add onions to steak pan, cook for 3-5 minutes, add tomatoes and a little pasta water to deglaze the pan.

7. Add cream cheese to pasta pot to melt and stir in pasta.

8. Butter casserole dish and add pasta to it. Top with

Ingredients

- 1 lb flank steak
- 1 tsp each thyme and oregano
- 1 pinch each sea salt and hot pepper flakes
- 1 tbsp grapeseed oil
- 1 1/2 cups elbow whole wheat pasta
- 2 onions
- 3 plum tomatoes
- 1/2 cup cream cheese
- 1/4 cup salsa
- 1/4 cup grated cheese

FLASH FOOD

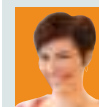


From your fridge to your table in 30 minutes or less

onions and tomatoes, salsa, cheese. Slice meat thinly across grain and set atop dish. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST.**

Health Solutions

Have your steak and eat it, too



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Red meat gets a bad rap, but in small, reasonable amounts, it can serve up high amounts of immune-boosting zinc and muscle-building protein.

Any animal protein contains cholesterol and fat, so you want to keep it in check by choosing leaner cuts and making meat an ingredient rather than the whole dish.

Lean cuts include flank steak and tenderloin.

Here are some ideas to stretch your beef (and your budget!).

- Use steak in stir fries and bump up the veggie content.

- Use double the beans and half the meat in your chili recipe.

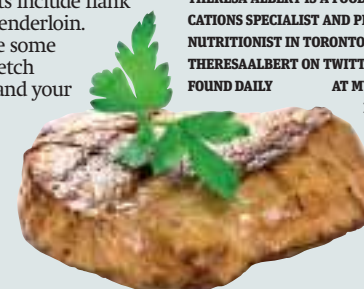
- Add ground oats and cooked spinach to burgers and meat loaves.

- Choose grass-fed beef or bison. They are leaner.

- Use sliced roast beef as one layer in a sandwich instead of a steak sandwich.

Humans are omnivores, which means we can choose our food from a variety of sources for a variety of reasons. Keeping your choices in balance beats beating yourself up over something you love.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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Curling

Homan dominates U.S. and Denmark at worlds

Canada's Rachel Homan downed Allison Pottinger of the United States 9-3 at the Ford Women's World Curling Championship on Monday in a game that lasted just six ends.

It was Canada's second quick win of the day after downing Denmark's Madeleine Dupont 8-4 in eight ends.

Homan and her Ottawa Curling Club team improved to 4-1.

Canada takes on Latvia and Scotland on Tuesday.

THE CANADIAN PRESS

Suspected DWI

Colts owner released from jail

Indianapolis Colts owner Jim Irsay was released from jail Monday after being held overnight following a traffic stop in which police said he failed sobriety tests and had multiple prescription drugs inside his vehicle.

THE ASSOCIATED PRESS

NHL

Roy returns to Montreal as coach

Patrick Roy was all smiles and positive vibrations on Monday on his first visit to Montreal as an NHL head coach.

The Colorado Avalanche coach and former Montreal goaltending great expects a warm reception from the fans when his team plays the Habs on Tuesday night at the Bell Centre. THE CANADIAN PRESS

Spring training

Iglesias injury a thorn in Tigers' side

Detroit shortstop Jose Iglesias says he has stress fractures in both legs and isn't sure when he'll be able to play again, leaving the Tigers two weeks to fill his spot for opening day and perhaps a lot longer.

"It's bad news for me and bad news for the team as well," Iglesias told Tigers reporters before Monday's exhibition against Washington was rained out.

THE ASSOCIATED PRESS

Saginaw honours Trafford in finale

OHL. Girlfriend says hockey woes weighed heavy on dead player

A spotlight highlights the lone hockey player pictured on a billboard looming over Highway 675 in Saginaw, Michigan.

His back is to the camera, the number 16 visible on his jersey. "Terry Trafford, 1994-2014" reads the billboard put up by the Saginaw Spirit, reminding onlookers of the town's recent loss.

Trafford, a 20-year-old centre with the OHL's Saginaw Spirit, was found dead last week. He had been missing for nine days. Police said Trafford died of self-inflicted asphyxiation. His funeral will be held in Toronto, his hometown, on Tuesday.

Trafford's Spirit teammates went to a visitation at the funeral home Sunday before taking to the ice in their last game of the season on Monday night.

Many in the stands and working the gates at Monday's game against the Sault Ste. Marie Greyhounds sported round white stickers bearing Trafford's name and number over their hearts.

The young man's death came as a surprise to those who knew him best.

Skye Cieszlak, Trafford's girlfriend of four years, said he was a happy, selfless person who was always pulling pranks



Terry Trafford was honoured by the Spirit in Saginaw before the regular-season finale on Monday night in Saginaw. COURTESY OHL IMAGES FILE

to get a rise out of people.

"He always wanted to make people laugh and smile," she said.

Trafford had a great relationship with his parents in Toronto, and had lots of friends, Cieszlak said. The only thing that wasn't going great in his life was hockey.

Last September, Trafford moved in with Saginaw Spirit

president Craig Goslin and his family.

"We recognized that he was making some decisions that weren't great decisions and we moved him into an environment where we could mentor him," Goslin said.

The living situation had been going well, said Goslin, describing Trafford as a respectful, happy young man.

But in early March, Trafford was sent back to Toronto for what Goslin said was a "rules violation" that followed all of the team's protocols.

"Our intentions were, more than likely, not to bring him back this year," he said, adding that Trafford was told that if he

modified his behaviour, he'd have a spot on the Spirit or another team next year.

Nothing was amiss when Trafford came to pick up his gear on March 3, Goslin said.

"He came in, spoke to our coach, looked him in the eye and thanked him. He went down the hall to see our trainer, had a physical. They joked, they spoke about a number of things, they put the stuff in his truck and he left," Goslin said.

"Nobody had any indication that there was anything that would end in this result."

Trafford was last seen alive leaving the Dow Event Center, where the Spirit play.

TORSTAR NEWS SERVICE

Quoted

"He had so many highs and then just one low. He had such a great life that having a couple of bad things happen really got to him."

Terry Trafford's girlfriend Skye Cieszlak

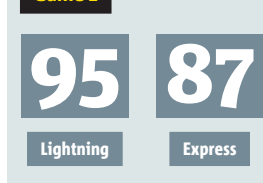
Lightning upset Express in Game 1

It was a battle between (not enough) rest and (too much) rust.

London Lightning had just come off a tough five-game series against Brampton A's, winning the final two games to advance. Meanwhile, Windsor won their series against Mississauga in three straight.

The London series ended Saturday; Windsor was all wrapped up way back on

Game 1



March 6.

In the end, the Lightning stayed on their roll with a

95-87 victory in the opening game of National Basketball League of Canada best-of-seven conference final before 1,052 spectators in Windsor.

The second game is back in Windsor on Wednesday, with the first game in London the following night at Budweiser Gardens at 7 p.m.

The Lightning started out strongly against the Express with early building 10-2 and 12-4 leads before end-

ing the quarter ahead 30-25. Windsor tied the score at 40 with two minutes left in the second before the Lightning regained a five-point lead at the half, 50-45.

London upped the lead to 13 points at the end of the third before Windsor closed the gap to single digits late in the game. In the end, Windsor was 5 for 25 on three-point attempts.

DAVE LANGFORD/METRO

Melvin has goals beyond NCAA March Madness



Melvin Ejim's family moved from Nigeria to Toronto just before he was born and he didn't get noticed by the countless street scouts who hover around the game until his mid-teens. JASON MILLER/GETTY IMAGES

Basketball. Big 12 player of the year from Toronto is taking college very seriously

It is refreshing in this age of one-and-done NCAA basketball stars — the high-profile teenagers who use a year in college as a pit stop on their way to untold NBA riches — to find the student athletes who use as much collegiate time as they can.

They may end up in Europe or the D League or Asia — and on occasion they improve their games enough to find NBA employment — but they find a balance that sets them up for life as something other than a professional baller.

Toronto's Melvin Ejim, who has accrued any number of accolades at Iowa State University, is a case in point.

He has been a mainstay of the program for four years and no matter what happens in the March Madness tournament that begins this week, his overall impact has been significant.

"It's one of the best things that ever happened to this

program is to have Melvin Ejim in a Cyclone uniform for four years," Iowa State coach and former NBAer Fred Hoiberg said of Ejim earlier this month.

Ejim is indeed a throwback, a true senior who has stayed and thrived and become the face of a college program.

The Cyclones have been to March Madness in three of Ejim's four years there and he has been their standout player all season.

There was a memorable 48-point night — the highest single-game scoring outburst in Big 12 history against TCU last month — and Ejim finished his career 12th all-time in Iowa State history with 1,547 points and third with 1,007 rebounds.

He's a fine outside shooter at 35 per cent from three-point range, and a disruptive, if undersized, force in the paint. But whether or not Ejim has the skills to play in the NBA is very much in doubt. NBA scouts, forbidden by rules to speak on the record about college players before their seasons are over, wonder just where Ejim's game would take him.

Not all about the NBA

"Law school, that's where I have my sights right now."

Toronto's Melvin Ejim on his main goal in college, one that he should meet given his 3.7 GPA

Northern lights

27

A total of 27 Canadians will suit up in the tournament. Look for numerous Canucks not only playing major minutes, but playing starring roles.

At six-foot-six he is the prototypical "tweener" who many think would have trouble finding a position to play in the NBA. Some doubt that he's quick enough to guard small forwards or big enough to handle power forwards, and an offensive game that's stood him in such good stead in the NCAA may not cut it in the NBA.

But Ejim, according to those who know him, is a grounded 23-year-old fully aware that professional basketball may not be in his future. There are hundreds and hundreds of college players who dream only about becoming professional, but Ejim is not one of them.

"I'm in school — my primary goal is to get my education," Ejim told the Des Moines Register. "When I'm not doing that, I'm playing basketball."

Added Hoiberg: "Melvin's a heck of a lot smarter than I am. He gets better grades than I ever got. He's what participating in college athletics is supposed to be about."

TORSTAR NEWS SERVICE

Wayman Tisdal Award

Parker named top freshman

Duke forward Jabari Parker won the Wayman Tisdal Award on Monday, presented by the U.S. Basketball Writers Association to the nation's top freshman.

The six-foot-eight Parker is second in the Atlantic Coast Conference in scoring (19.3) and leads the league in rebounding (8.8). He has scored in double figures in 17 straight games and in 32 of 34 games this season, breaking the Duke freshman record held by Gene Banks and Luol Deng.

Joining Parker on the freshman All-America team are: Joel Embiid and Vaughan's Andrew Wiggins of Kansas; Brampton's Tyler Ennis of Syracuse and Julius Randle of Kentucky.

THE ASSOCIATED PRESS



Duke's Jabari Parker was named NCAA freshman of the year on Monday. GETTY IMAGES

Billion-dollar bracket

Buffet's bet building hype

So, about that billion dollars.

Warren Buffett looks at his offer to pay \$1 billion to anyone who fills out a perfect NCAA tournament bracket as nothing more than a matter of having the numbers in his favour.

Mathematicians say he's right but that's not stopping them from building a cottage industry to teach bracket-fillers how to make the impossible seem possible.

Around a half-dozen college professors are offering classes to teach the ins and outs of the numbers that will, inevitably, work against them.

There are a few more than 9.2 quintillion combinations for a 64-team bracket. A quintillion is one million times one trillion — a 1 with 18 zeros behind it.

THE ASSOCIATED PRESS

Guide to March Madness

Top Teams

Florida. No. 1 overall gets props, especially one that plays defence like the Gators.

Wichita State. Final Four last season, unbeaten so far this one. All you need to know.

Arizona. A loss to UCLA in the Pac-12 title game wasn't enough to keep the Wildcats from a No. 1 seed.

Virginia. No. 1 in the East Region after sweeping the ACC regular-season and tournament titles.



Top players

Doug McDermott, Creighton. Pretty much everyone's player of the year. Expect big things.

Jabari Parker, Duke. The year's best freshman is one of the best. Period.

Shabazz Napier, UConn. The only thing the Huskies' do-everything guard doesn't do is drive the team bus.

Russ Smith, Louisville. He is still Russdiculous.



Potential upsets

Harvard over Cincinnati, East Regional.

Providence over North Carolina, East Regional.

Saint Joseph's over UConn, East Regional.

N.C. State or Xavier over Saint Louis, Midwest Regional.

Iowa or Tennessee over UMass, Midwest Regional.

Numbers games

3 straight years a team with a losing record has made the field of 68. Cal Poly, at 13-19, got in by winning the Big West tournament as the No. 7 seed.

18 teams have entered the tournament undefeated. Seven went on to win the title, the last one Indiana in 1976.

26 consecutive wins by top overall seed Florida.

355 Weight of Sim Bhullar, New Mexico State's seven-foot-five centre.



The missing

Brandon Ashley, Arizona. The forward went down for the season with a foot injury last month.

Joel Embiid, Kansas. The freshman is out with a back injury.

Mitch McGary, Michigan. The big man, missed the season with a back injury.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Put your heart and soul into what you are working on. No matter how much natural talent you may have what makes you stand out from the crowd is your enthusiasm.

Taurus

April 21 - May 21

Someone in a position of authority will ask you to do something for them today and you should agree. You may not be in the mood to work harder but later you will see how much it benefited you.

Gemini

May 22 - June 21

If you get the chance to travel today you must take it. Venus and Uranus combine in such a favourable way that the more you are on the move the more fun you will have.

Cancer

June 22 - July 23

Listen to what your conscience tells you today and ignore anyone who gives you conflicting advice. Too much of what others say is based on fear and ignorance. Listen to your heart.

Leo

July 24 - Aug. 23

Give partners and loved ones room to be themselves. If you try to restrict their movements you will succeed only in making them more rebellious.

Virgo

Aug. 24 - Sept. 23

No matter how irritating certain people may be you must not let them get under your skin. You need to relax and let life happen. The more you try to force things the more others will try to annoy you.

Libra

Sept. 24 - Oct. 23

Venus, your ruler, links nicely with changes planet Uranus over the next 24 hours, which means you must be more adventurous. Both creatively and romantically you should take more chances.

Scorpio

Oct. 24 - Nov. 22

According to the planets you are thinking too much about the past and not nearly enough about the future. Your task today is to switch your attention away from what was and toward what could be.

Sagittarius

Nov. 23 - Dec. 21

If there is something you want to tell the world, something you think it should know, shout about it as loudly as you can. Make sure you get heard.

Capricorn

Dec. 22 - Jan. 20

At some point today you will discover that your money situation is not as bad as you thought it was and that will cheer you up immensely. But it is not an excuse to go on a spree.

Aquarius

Jan. 21 - Feb. 19

Today's link between values planet Venus, currently in your sign, and your ruling planet Uranus will encourage you to believe that life is good and getting better by the minute.

Pisces

Feb. 20 - March 20

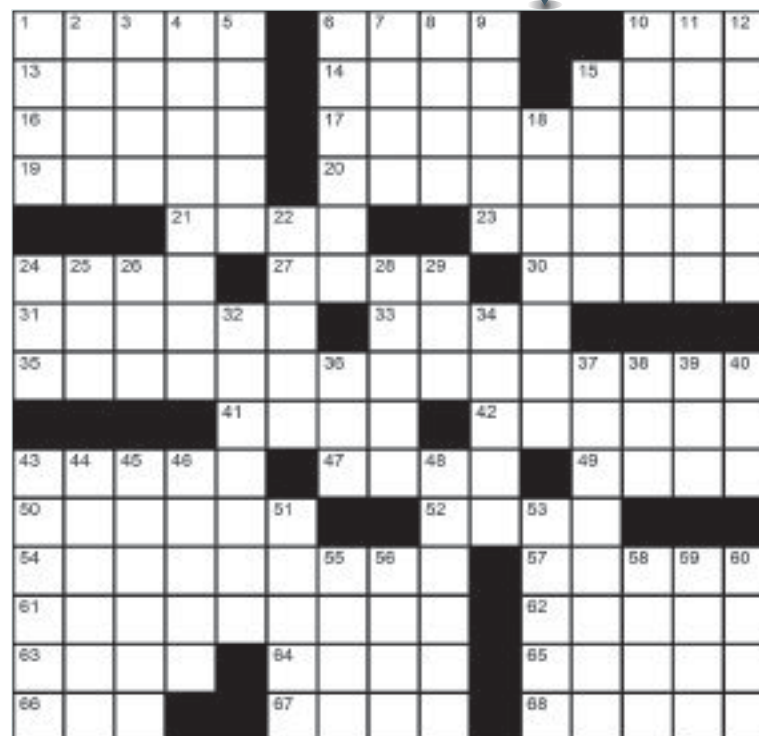
If there is someone you have admired from afar but, for one reason or another, have been reluctant to approach, now is the time to let them know that you like them. According to the planets they may well have feelings for you too.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. ___ Falls (High waterfall on Vancouver Island)
6. "Who's the Boss?" role
10. Swimming length
13. Stave off
14. ___ 6:00am
15. Bona ___
16. Hairstyle bangs, sometimes
17. Etobicoke, ON-born star of CTV's "Spun Out": 2 wds.
19. View, Bible-style
20. Bertram Brockhouse's occupation (Canadian who got a Nobel Prize in 1994)
21. '60s concert film, "___ Show"
23. Loyal about: 2 wds.
24. ___ B'rith
27. Prefix to 'ferous' (Conveying air)
30. German industrial city
31. St. John's born humourist Rick
33. Patron saint of Norway
35. Type of show
- #17-Across is: 2 wds.
41. Stroll
42. Excused from
43. Marx Brothers, just one
47. Indigo
49. ___ Rage (Performance enhancers-user's anger)
50. "Sources told me



- that...": 2 wds.
52. Drug deal buster, for short
54. North Atlantic overfishing depletes them: 2 wds.
57. Surpass
61. Ruthless
62. ___ Pendragon (King Arthur's father)

63. Some, in French: Quelques-___
64. Comic actor Eric
65. Upside-down-triangle sign
66. Celeb couple's caught-by-paps moment
67. Ooze
68. Sir Coward's

Down

1. Stealing birds
2. "A Letter for ___" (1946)
3. Shake off
4. Avon product
5. Temple sanctums of ancient Greece
6. Wet earth created 'dessert': 2 wds.

7. Bright fish
8. Old ___ (Clothing chain)
9. "This is ___, this is only..."
10. Water ___ (Flowers in Monet paintings)
11. "___ Fideles"
12. '60s series, "___ Place"

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

15. Concentrate
18. Web browser name
22. "Canada AM" health expert, Dr. ___ Shapiro
24. Snazzy-lettered car
25. Prefix to 'classical'
26. Airport screen abbr.
28. ___ 'Roll
29. Island: French
32. Adele's "Rolling in the Deep" co-songwriter, Paul ___
34. High-speed Amtrak train
36. Mode's intro: 2 wds.
37. Romeo and Juliet character
38. Music genre
39. Printer resolution meas.
40. Financial rpt.'s 'until now'
43. Small setback
44. Elvis bit: "You ain't nothin but ___ dog..."
45. Tetley product aka Rooibos: 2 wds.
46. Histories
48. Shoe part
51. Showbiz legend Ms. Day
53. ___Noranda, Quebec
55. Postal ___
56. Produce product
58. Bible pronoun
59. Computers name
60. Sequences, for short

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	1	8	6	4	5	9	7	2
2	9	4	3	7	8	1	6	5
6	7	6	2	1	9	8	3	4
6	5	2	1	8	3	7	4	9
9	3	7	5	2	4	6	8	1
4	8	1	7	9	6	5	2	3
1	4	9	8	6	2	3	5	7
7	6	3	4	5	1	2	9	8
8	2	5	9	3	7	4	1	6

	4	2				6		
			5	2				3
7					9			5
		5	4		8		3	
	3			7			8	
	9		6		3	7		
3			2					9
8				9	1			
		9				8	6	

Today

4°/0°
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Wednesday

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Rain
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community at work.

